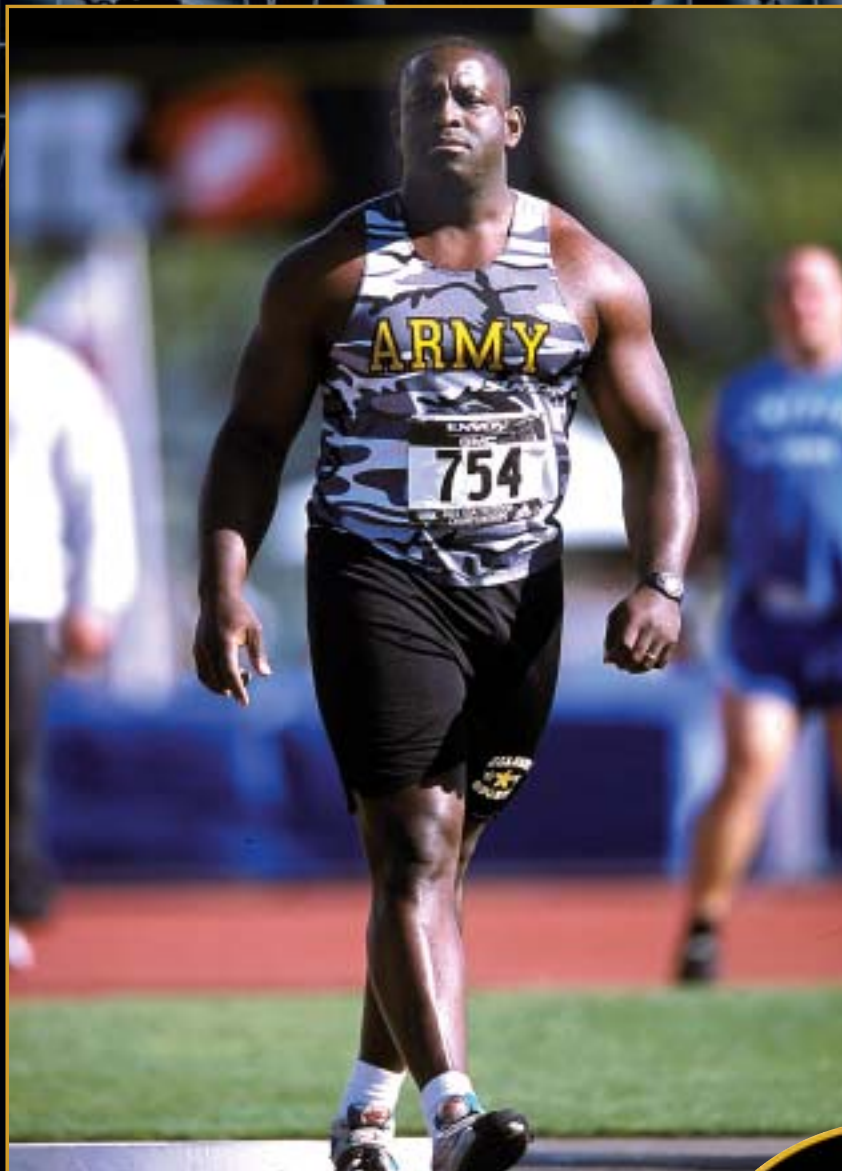
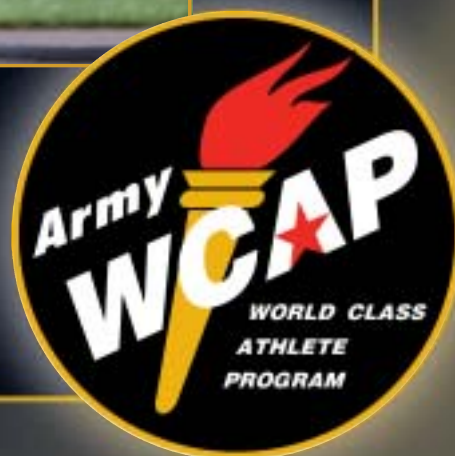


SSG TONYO SYLVESTER



SSG Tonyo Sylvester enlisted in the Army as a medic in 1990. The former Junior Olympian has been competing in the shot put since high school. Sylvester finished 13th in the 2001 USA Track and Field Olympic Trials. That year he was also a silver medallist at the Pacific Association Championships, and finished fifth at the U.S. Open Track and Field Meet.



WCAP is one of 50 morale, welfare and recreation programs the Army provides soldiers and families worldwide through the U.S. Army Community & Family Support Center.

SHOT PUT